



Still a family

Mindful Play

The ancient practice of yoga is a natural for children, who love bending their bodies into distinctive shapes and postures. This line of spirited games helps kids make all the right moves and make important mind-body connections. The four games (Yoga Bingo, Sun Salutation, Chakra Energy, Yoga Matching Game) increase

flexibility and focus, and promote a sense of well-being.

Spiraling Hearts,
\$19.50–\$29.50.



EXPERTS WHO STUDY THE EFFECT OF DIVORCE on children often focus on the here-and-now, but some of the most revealing studies about kids of divorce are the ones that follow them into adulthood, tracking how those effects change over time. A recent report in the journal *Family Process* looked at three such long-term studies—all of which lasted 20 years—and one thing stands out: **The relationship between divorced parents always has an impact on the couple's children, no matter how old the children are or how much time has passed since the parents' split.** In the studies, if divorced parents were cordial and friendly with each other, their children felt better overall. But if the parents' conflict continued after becoming ex-spouses, the kids suffered, even as adults. Another surprising finding: **Although families may break apart, they never really dissolve.** In fact, even as divorced parents remarry and create step-families and half-siblings, and as their children eventually start families of their own, the original family unit still remains an important touchstone.

10 Ways to Express Your Love with Health

- 1) Don't smoke around your children.
- 2) Read to your children, even as babies.
- 3) Be sure all vaccinations are up to date, and keep a copy of your child's health records in a safe place.
- 4) Create a safe home. Lock up medicines and poisons; child-proof cabinets; test water supply for lead.
- 5) Travel safely. Be sure your car seat is the right size and properly installed.
- 6) Find safe, appropriate childcare. Get involved in community efforts to promote child safety.
- 7) Show an interest in your child's activities. Listen. Praise his efforts.
- 8) Give your child's day a comforting structure: regular meal- and bedtimes, physical activity, family time.
- 9) Teach manners by your example, saying please and thank you.
- 10) Show physical affection often—a kiss, a cuddle. And don't forget: "I love you."

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